



1 Read the text and answer the questions.

- 1 What records has he broken?
- 2 What is his secret for a healthy life?



### Stanislaw Kowalski

Stanislaw Kowalski has become the oldest person in Europe to run a 100-metre race. When he crossed the finishing line, the 104-year-old grandfather said that **he felt like a new man**. He said **he wasn't surprised that he had lived to such an old age**.

He said **he had always done everything he wanted to do and he had never been to the doctor's**. He also said that **he had cycled or walked ten km to work every day of his working life**. He told reporters that **he was looking forward to breaking the world record for the sixty-metre race, which he actually did half a year later**.

2 Compare the Direct Speech 1–6 below with the Reported Speech in blue in the text. What changes are there to the verb forms and pronouns?

- 1 'I feel like a new man.'
- 2 'I'm not surprised that I've lived to such an old age.'
- 3 'I've always done everything I want to do.'
- 4 'I've never been to the doctor's.'
- 5 'I cycled or walked 10 km to work every day.'
- 6 'I am looking forward to breaking the world record.'